

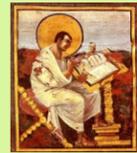




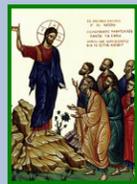
### GUIDELINES FOR KEEPING THE GREAT FAST

The guiding rule of the Fathers - never eat to the point of feeling full but rise from the table knowing that more could be taken - and one is ready for prayer. Foods allowed during Lent: a vegetarian diet including but not limited to bread, grains, vegetables, soup, tofu, fruits, nuts, beans, shellfish, octopus, squid, juice, coffee, tea or water. Foods not allowed during Great Lent: all meat, poultry, fish, olive oil (vegetable oil is allowed), dairy products, cheese, milk, butter, eggs, and alcoholic beverages. Fish & olive oil are allowed on March 25 (Feast of the Annunciation) and on Palm Sunday. Days on which the number of meals is limited

are on Clean Monday, the first day of Lent (Feb. 27) and on any day you are preparing to receive Communion at a Pre-sanctified liturgy. Remember the advice of St. John Chrysostom to do the works of mercy and tame the passions during the Great Fast!



**BIBLE STUDY:** Thursdays at 10:30 AM and 7:00 PM. We are examining the second half of the Gospel of St. Luke (Chapter 12 and following). All are invited, even if you missed the first half! We will continue Bible Study during Great Lent., finishing on Thursday, April 6.



**ADULT RELIGIOUS EDUCATION CLASS 2016-2017:** "Modern Trials to Our Ancient Faith: The Challenges to Living Orthodoxy in America," is offered every Sunday through May 14 starting 11:30 AM in the Church library. Contact Michael Haldas at Michael.haldas@verizon.net for additional information.

### PARISH ACTIVITIES

**50 PLUS:** Selling Koulourakia after Divine Liturgy TODAY; Next meeting on Wednesday, March 8th, at 11:30am, Dr. Tassos J. Sfondouris, DDS, MS, will speak on "Understanding Dental Implants and Dentistry". Luncheon will be served and all are welcome. If you need further information call Maria 240-421- 9909

**PHILOPTOCHOS:** TODAY, after Divine Liturgy, Philoptochos is hosting a special fellowship hour in honor of our membership drive. Philoptochos is Philanthropy - Fellowship - Faith in Action! Our 2017 Membership Drive is underway! Information has been mailed to all parish households. Stewardship/Membership Forms are available on our Bulletin Board. Join us for Presanctified Liturgy on Wednesday, March 1, when Philoptochos will host a Lenten Supper prior to Michael Haldas' presentation.

**GREEK PRESCHOOL:** St. George Greek Preschool will soon open for registration for 2017-2018. This year, the school is proud to offer a wide variety of classes to children from 18 months to 5 years of age. The hours are 8:30 AM to 3:30 PM. Registration for current families will take place between Feb. 13-24; new families from Feb. 27-March 3.

**MEN'S FELLOWSHIP DINNER:** March 7 at 6:00 PM, at Normandie Farm Restaurant, 10710 Falls Road, Potomac, MD. Building and nurturing the leadership of men to lead the next generation in the knowledge of God. This will be a joint event with members of the Men's Fellowship of St. Sophia Cathedral. All men are welcome - join us!

**GOYA:** Sights and Sounds Arts Festival, March 11 & 12. All 7th -12th grade youth are encouraged to share their talents through a wide use of creative media, including painting, photography, music, dance, drama, writing and much more. Register online and indicate for which categories you are submitting, and whether as a group or individual: [http://stgeorge.ccbchurch.com/form\\_response.php?id=111](http://stgeorge.ccbchurch.com/form_response.php?id=111) - For more information contact Nicole Averinos at [stgsightsandsounds@gmail.com](mailto:stgsightsandsounds@gmail.com)

**Kindly do not discard this Bulletin in the pew when you leave.  
Take it home to remind you during the week of the spiritual teachings of this Sunday,  
the Lord's day!**



## The Greek Orthodox Church of Saint George

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## THE EXPULSION OF ADAM AND EVE FROM PARADISE FORGIVENESS SUNDAY

FEBRUARY 26, 2017

### Resurrectional Apolytikion Tone 3

Come rejoice all ye Heavens and be glad all ye on earth. For by His power the Lord created might. By His Death He conquered death; for He became the first born of the dead. From the depths of Hades, He delivered us; and He granted to mankind His great mercy.

### Apolytikion of St. George

O Trophy-Bearer, Great Martyr George, who freed captives, supported the poor, healed the sick, was a champion of kings, intercede with Christ God that our souls be saved!

### Ἀπολυτίκιον

Ὡς τῶν αιχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.